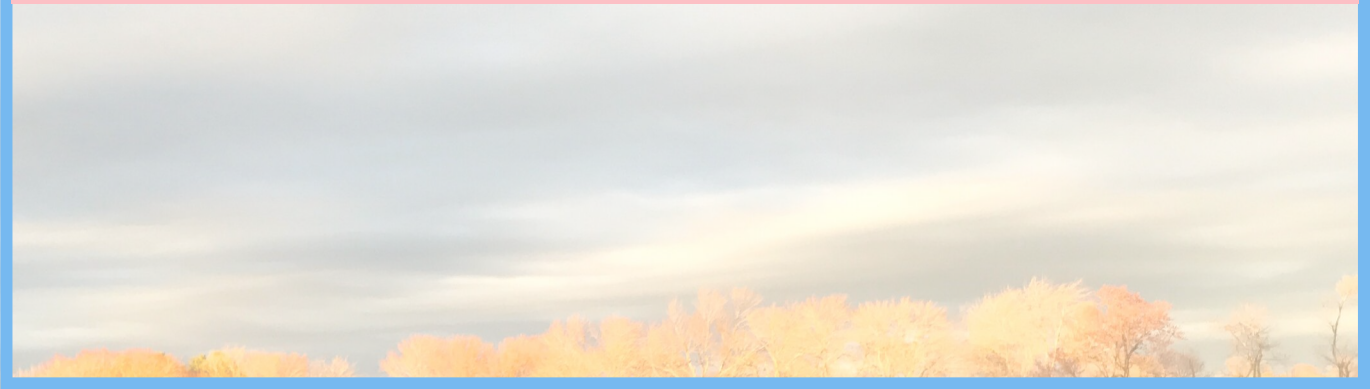# Reframe it to Tame It

ONE WORRY ON YOUR MIND TODAY

WORST OUTCOME

BEST OUTCOME

MOST LIKELY OUTCOME

HOW WOULD A HORSE VIEW YOU IF THE WORST OCCURS

REFRAME YOUR WORRY